



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09214, Orange juice, frozen concentrate, unsweetened, undiluted

Report Date: June 30, 2017 16:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	60.57	14	0.235	58.9	61.6	8.0	60.022	61.116	1	Analytical or derived from analytical	--	05/2014
Energy	kcal	148	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Energy	kJ	620	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Protein ¹	g	2.40	14	0.037	2.06	2.68	7.0	2.305	2.485	1	Analytical or derived from analytical	--	05/2014
Total lipid (fat) ¹	g	0.25	14	0.013	0.2	0.3	6.0	0.218	0.28	1	Analytical or derived from analytical	--	05/2014
Ash ¹	g	1.60	12	0.034	1.38	1.86	8.0	1.521	1.678	1	Analytical or derived from analytical	--	05/2014
Carbohydrate, by difference	g	35.19	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fiber, total dietary ¹	g	1.0	4	0.049	0.7	1.1	2.0	0.702	1.204	1	Analytical or derived from analytical	--	05/2014
Sugars, total ¹	g	29.68	6	0.092	29.25	30	2.0	29.333	30.019	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	15.55	6	0.336	14.47	16.06	2.0	14.117	16.979	1	Analytical or derived from analytical	--	05/2014
Glucose (dextrose) 1	g	6.58	6	0.190	6.3	7.25	2.0	5.762	7.395	1	Analytical or derived from analytical	--	05/2014
Fructose 1	g	7.55	6	0.211	7.28	8.28	2.0	6.641	8.458	1	Analytical or derived from analytical	--	05/2014
Lactose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Maltose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Galactose 1	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Minerals													
Calcium, Ca 1	mg	38	12	0.644	35	41	5.0	36.71	39.961	1	Analytical or derived from analytical	--	05/2014
Iron, Fe 1	mg	0.33	14	0.032	0.24	0.83	12.0	0.26	0.401	1	Analytical or derived from analytical	--	05/2014
Magnesium, Mg 1	mg	35	14	0.375	33	39	8.0	34.535	36.267	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P ¹	mg	61	12	0.559	56	63	5.0	59.236	62.094	1	Analytical or derived from analytical	--	05/2014
Potassium, K ¹	mg	629	14	10.069	556	691	7.0	605.275	653.322	1	Analytical or derived from analytical	--	05/2014
Sodium, Na ¹	mg	7	14	0.821	2	15	7.0	4.973	8.921	1	Analytical or derived from analytical	--	05/2014
Zinc, Zn ¹	mg	0.16	14	0.010	0.13	0.22	8.0	0.136	0.181	1	Analytical or derived from analytical	--	05/2014
Copper, Cu ¹	mg	0.059	14	0.009	0.02	0.15	11.0	0.041	0.078	1	Analytical or derived from analytical	--	05/2014
Manganese, Mn ¹	mg	0.116	14	0.031	0.07	0.4	6.0	0.041	0.191	1	Analytical or derived from analytical	--	05/2014
Selenium, Se ¹	µg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Fluoride, F ²	µg	19.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	144.8	8	3.923	126.5	155.6	3.0	132.922	156.722	1	Analytical or derived from analytical	--	05/2014
Thiamin ¹	mg	0.275	6	0.014	0.23	0.29	2.0	0.216	0.334	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 1	mg	0.175	6	0.017	0.14	0.23	2.0	0.11	0.24	1	Analytical or derived from analytical	--	05/2014
Niacin 1	mg	1.093	6	0.029	1.02	1.16	2.0	0.973	1.214	1	Analytical or derived from analytical	--	05/2014
Pantothenic acid 1	mg	0.732	4	0.006	0.71	0.8	1.0	0.652	0.811	1	Analytical or derived from analytical	--	05/2014
Vitamin B-6 1	mg	0.260	6	0.013	0.19	0.29	4.0	0.222	0.297	1	Analytical or derived from analytical	--	05/2014
Folate, total 1	μg	77	6	2.349	71	83	3.0	69.235	84.158	1	Analytical or derived from analytical	--	05/2014
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	77	6	2.349	71	83	3.0	69.235	84.158	1	Analytical or derived from analytical	--	05/2014
Folate, DFE	μg	77	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Choline, total 2	mg	20.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 2	mg	0.5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta ¹	µg	53	6	10.723	39	86	2.0	8.444	97.83	1	Analytical or derived from analytical	--	05/2014
Carotene, alpha ¹	µg	19	6	2.163	13	24	2.0	10.273	27.935	1	Analytical or derived from analytical	--	05/2014
Cryptoxanthin, beta ¹	µg	191	6	28.122	154	279	2.0	70.284	312.118	1	Analytical or derived from analytical	--	05/2014
Vitamin A, IU	IU	264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lycopene ¹	µg	1	6	0.905	0	4	2.0	-2.988	4.798	1	Analytical or derived from analytical	--	05/2014
Lutein + zeaxanthin ¹	µg	333	6	4.497	284	361	3.0	318.395	348.137	1	Analytical or derived from analytical	--	05/2014
Vitamin E (alpha-tocopherol) ¹	mg	0.60	2	--	0.58	0.64	--	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Tocopherol, delta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2014
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ²	µg	0.4	2	--	0.3	0.4	1.0	--	--	1	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0 ¹	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
15:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:0 1	g	0.044	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
17:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:0 1	g	0.008	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
22:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
24:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated ¹	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:1 c ¹	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
17:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:1 undifferentiated ¹	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:1 c ¹	g	0.044	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:1 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
22:1 t ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
24:1 c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
18:2 undifferentiated ¹	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c ¹	g	0.046	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:2 CLAs ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:2 t not further defined ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:3 undifferentiated ¹	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) ¹	g	0.017	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-6 c,c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:3i ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:3 n-6 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:4 ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
22:5 n-3 (DPA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA) ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Amino Acids													
Tryptophan ^{1,2}	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Threonine ^{1,2}	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Isoleucine ^{1,2}	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Leucine ^{1,2}	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Lysine ^{1,2}	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Methionine ^{1,2}	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Cystine ^{1,2}	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1 2	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Tyrosine 1 2	g	0.023	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Valine 1 2	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Arginine 1 2	g	0.309	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Histidine 1 2	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Alanine 1 2	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Aspartic acid 1 2	g	0.437	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glutamic acid 1 2	g	0.146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Glycine 1 2	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Proline 1 2	g	0.376	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ^{1 2}	g	0.079	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Hydroxyproline ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 3b, 2000 Beltsville MD